

*Central Maine Ski Club's*

# **5K TRAIL RUN**

&

# **RUN BIATHLON**

**Saturday, October 20**

**Quarry Road Recreation Area,  
Waterville**

**8:30 - 10:30 Registration**

**9:00 5 K Trail Run and 1 mile Fun Run/Walk**

**9:30 - 10:30 Rifle range open for practice**

(Rifles and coaching provided by Southern Maine Biathlon Club)

**10:30 Run Biathlon (3 laps with 2 shoots)**

(Total distances for varying age categories: 1.5 K, 3 K and 5 K)

***Pre-registration encouraged at: [active.com](http://active.com)***

\$10 youth/\$15 adults/\$25 for both events

\$40 family or 3 Colby students

(\$5 added to fee for registration day of event)

***FMI: 207-397-3477 or  
[centralmaineskiclub.org](http://centralmaineskiclub.org)***



***Prizes for several age  
categories!  
Grand prize if you  
run both events!***

